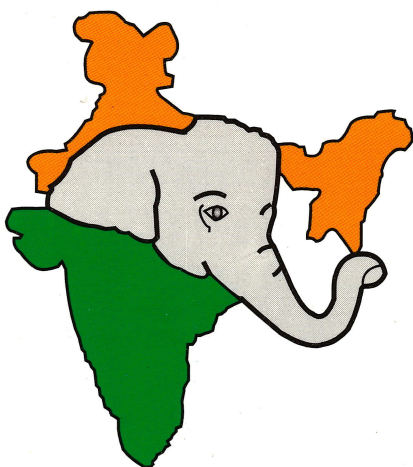


SYLVIA
JOURNEAUX

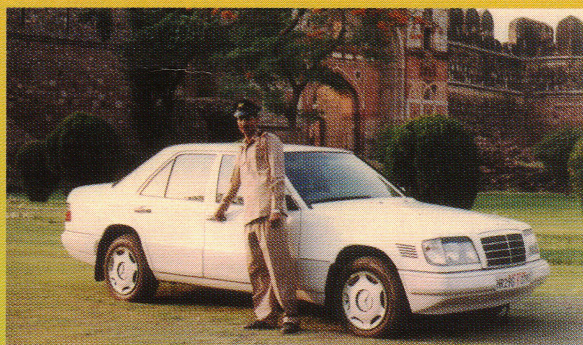
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Delhi Network

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Vice President	Bridget Edwards	665-2578
Secretary	Philippa Fuller	680-9696
Treasurer	Wei Lan	665-2614

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Diplomatic Liaison	Leena Hanevold	688-5508
Handbook	TBA	
Membership	Carola Lueth	410-3910
Newcomers	Sue Kalirai	680-5672 9810162272

Newsletter	Laura Jorgensen	611-3739 9810073530
	Shelley Tait	410-3920 9811229230

Office Manager	Sandra Fruhstuck	435-3220
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Programs/Social	Jackie van Ommen	680-2136
	Symran Wasser	9810092725

Delhi Network Office	679-1234 EXT. 1505
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Delhi Network is a non-profit organisation whose main purpose is to support the expatriates living and working in New Delhi. Everyone on the Board and the committees volunteer their time.

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Greetings Delhi Network Members!!

This is our first issue alone without Kathy and I must admit, while a fair amount of work, it has been a fabulous learning experience. That doesn't mean that we don't want any help. We can always use lots of help and if we can learn how to do this, you can too. It really helps if you have a CD Writer and we can teach you the rest. Due to conflicting holiday schedules this summer, there will only be one newsletter for June/July. We would love to have any contributions for articles, specially trips around India that our members might be interested in. Don't worry about your writing skills as we can do the editing for you.

Have a great summer!

Laura Jorgensen and Shelley Tait

DEADLINE to submit for June 19th issue.

Articles, notice board etc.: Friday 8th of June

Advertisements, 31st May

Thank you

Delhi Network meetings are held on the third Tuesday of every month at 10 a.m., at the Hyatt Regency Hotel. Entrance to a meeting is Rs 150 for members and Rs 200 for non-members. Annual membership is Rs 300. You can become a member at any monthly meeting or at the Delhi Network office.

Delhi Network Handbooks are available for purchase at all meetings or at the office: cost Rs 300 for members and Rs 400 for non-members.

—The Delhi Network office is located in the Hyatt's Shopping Arcade. The Office Manager is Sandra Fruhstuck. Office hours are 10 am to 2 pm, Monday to Friday. Stop in for free advice, a newsletter or a Delhi Network Handbook if you missed the last meeting, or to drop off your newsletter contributions. We are seeking volunteers to work in the office. If you're interested (and it is a good way to meet new people), contact Sandra.

Delhi Network does not necessarily endorse or recommend the businesses advertised in this newsletter and the Board claims the right to refuse any advertisers who have had several complaints made against them by our members.

From Your President

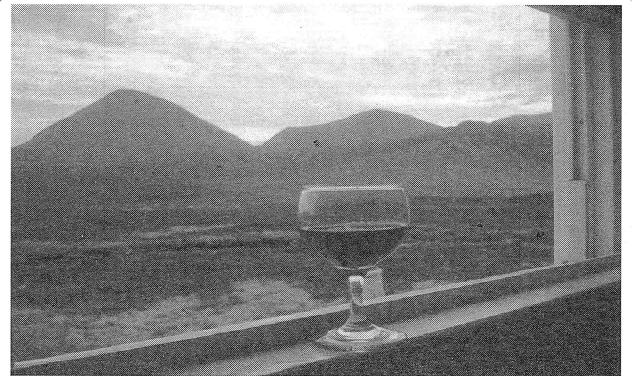
Well, after 4 weeks in Scotland, I decided I had better come back and face up to my responsibilities. As I sat reading my newspaper on the flight from Paris, I happened to glance at the world weather section. There was only one place in the world showing three figures, and I don't have to tell you where it was! So it was from 11 deg C to 111deg F in less than 24 hours. I am finding it difficult adjusting to the heat but no doubt I will. I hear that April in Delhi was most pleasant, with a sustained period of rain that kept temperatures lower than usual, and then there was the earth tremor on Saturday -----

I popped into the office to buy my April newsletter, and was amazed to see just how many new members we have. I hope to meet many of you over the next months, although I will be working in the office on Tuesdays (newcomer's day), to fill in some of the empty spaces on the volunteer sheet. I seem to remember urgent pleas from the Office Manager this time last year, we really want to keep the office open all summer. Need I add that anyone who could spare a few hours a week would be welcome with open arms.

While I was soaking up the Scottish sunshine (yes, really), the Shop Til 'U' drop was being orchestrated by Symran, Jackie, Sandra, Bridget and Carola. Obviously by now it is all over for another year, and no doubt your wallets are lighter. I hope you approved of our choice of vendors, if you have any suggestions for new people next year, let us know. Following our successful evening function last September, funded mainly by the Shop Til 'U' Drop, we have reserved the poolside at the Hyatt for Saturday 6th October. Please keep that date free -more details later.

I thought you might like to share a couple of my holiday snaps, one shows me and my 2 lovely dogs (you will have to look hard to see the one sitting by my feet), and the other needs a bit of explanation. Living in Delhi, with a constant shortage of water, what I really miss most is a bath.!! Our cottage on the Isle of Skye, has a bathroom with an uninterrupted view of mountain and loch, and every evening I luxuriated, with a glass of wine, and soaked up the view, while soaking.

Cheers, Jeannine.



Neighbourhood Co-ordinators		Support Groups by Nationality
Your co-ordinator is here to help you settle into your new home. Give her a call and introduce yourself and find out who else lives in your area and when the next meeting is going to be held.		<p>American Women's Association (AWA): American passport holders or their spouses can join. Call the AWA office at 419-8000 ext. 4131 or 8509 between 9 am and 4.30 pm Mon-Fri. Talk to Barnali or an AWA officer.</p> <p>Australia and New Zealand Association: Call Margaret Kovac on 688-8223, ext. 226, or Judith Twine on 410-9637.</p> <p>British Expats Group: Contact Sylvia Johnson on 460-3851.</p> <p>Nederlandse Vereniging New Delhi: Organiseert diverse evenementen en een maandelijks borrel. Als je lid wilt worden, of gewoon informatie wilt, bel Wilbert Husselman op 4465-4048 (res), of Patrick Anthnio, 680-7990.</p> <p>NORA (Nordic Association) Website: www.noraindia.com Contact names: Eva Dieden (Sweden) 419-7100 (0) Nina Berg Kjellerhaug (Norway) 467-4887 Majbritt Erlandsen (Denmark) 649-3842 Kati Van Heyningen (Finland) 689-5471</p>
AREAS	CO-ORDINATOR PHONE	
Vasant Vihar/ Vasant Kunj	Nora Twycross 612-2318	
West End/Shanti Niketan/ Anand Niketan/Aradhana Enclave/Safdarjung Enclave	Laura Jorgensen 611-3739	
Chanakyapuri Barakamba Road	Bernadette MacDonald-Raggett 687-2161 Ext: 2328	
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Panshcheel Park/ Haus Khas/ Green Park/Padmini Enclave/ Shivalik Navjivan Vihar/ Qutab Enclave/Mayfair Gardens/ Sarva Priya Vihar	Risham Chawla 649-7025	
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Chattarpur/Jonapur/Gadaipur	Susan Kalirai 680-5672 98 101 62272	
Bijwasan/Rajokri/Surpriya Vihar Gurgaon	Alicia Odedra 506-4777	
For more information, please contact	Carola Lueth at 410-3910.	



**Please, we need your contributions for the newsletter.
Send them to BOTH, Shelley Tait at taيتد@ndf.vsnل.net.in and
Laura Jorgensen at jorgensenlaura@hotmail.com .**

THERE IS STILL 1 VACANCY FOR A NEIGHBOURHOOD LEADER. IF ANYONE WOULD LIKE TO VOLUNTEER , PLEASE CONTACT CAROLA LUETH FOR MORE INFORMATION.

Dates for Your Diary

The Glimpses of India-Lecture Series. (Sponsored by AWA)

**This lecture is open to all.
Entry is free.**

**Date: May 17th (Thursday).
Venue: MS/HS Library, American Embassy School.
Entrance - Gate # 2.**

**Time: 7.30-9.00pm.
Topic: "The Brave Heart": Adventure Tourism and Acrobatic Dance of
India. (Slide Presentation and Dance)**

Speaker: Dr. Navina Jafa., Art Historian/Dancer.

Dr. Jafa did her bachelors degree in English literature, M.A. in Indian History, and Ph.D in Economics of the Performing Arts under renowned urban historian Dr. Narayani Gupta and dance historian Dr. Kapila Vatsayan. Simultaneously she trained for 25 years under dance maestro Pt. Birju Maharaj in Kathak, and did research at the Indira Gandhi Center For The Arts. Apart from performing, Dr. Jafa also taught at Jamia Milia University, and continues to do occasional lectures for the National Museum and the Kathak Kendra.

Recently, she launched a business of what she calls "education entertainment", revolving around the Indian arts. Among her offerings, "Window to the Indian Arts" is an art appreciation program series running at the Alliance Francaise in New Delhi every Tuesday. "Glimpses of Equilibrium" is a de-stressing program incorporating Indian Music and Yoga, and "Child of The Millennium" is a personality development program for children 6-16, using Indian arts. Presently, Dr. Jafa is also working on a book on the performers and patrons of India.

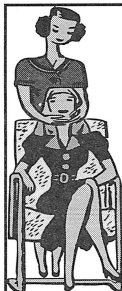
**"The Brave Heart": Adventure Tourism and Acrobatic Dance of India.
India, with a large variety of landscapes, coastlines, mountains, and climates, offers exciting variety of adventure tourism opportunities. What is it that propels each of us to do trekking, rafting or mountaineering? In this fascinating program, the speaker analyses, through Indian philosophy spanning over 5000 years, what man does to attain liberation and creates a "brave heart" in face of his mortality. The essence of the lecture is captured by an alluring acrobatic dance conveying an aesthetic expression of man's "brave heart", where the dancer visualizes and projects man's amazing sense of challenge and adventure.**

In case you want to know more about it, please call me at 91-6356225/2738 or 98101 34523.

Dates for Your Diary

June 19th, 2001, 10am

Delhi Network monthly meeting at the Hyatt Hotel. There will be a knowledgeable and quality carpet vendor to explain about carpets and answer your questions



Dr Punam Bari is giving an informal half hour talk on the general cosmetic maintenance of the skin, hair and body at the newcomers coffee morning on Tuesday

22nd May at 10.30am

July 17th, 2001, 10am

Delhi Network monthly meeting at the Hyatt Hotel. There will be a fashion designer talking about Indian textiles, design and tying saris.

Please note that on every third Tuesday for the Delhi Network meeting, the Hyatt Regency is pleased to offer you a 20% discount on food only in all the restaurants except the Sidewalk Pastry Shop. This offer will be valid for lunch only. Effective April 2001 through December 2001. (These discounts cannot be clubbed and only one discount will apply at the time.)

Meet the Executive Committee



Left to right: Jeannine Grant, President; Bridget Edwards, Vice-President; Philippa Fuller, Secretary; and Wei Lan, Treasurer.

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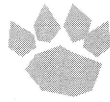
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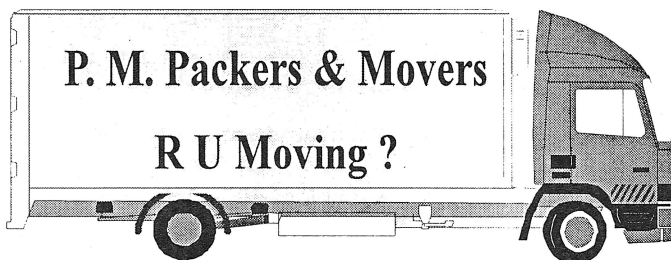
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Ancient Brassieres

old-time wonderbras

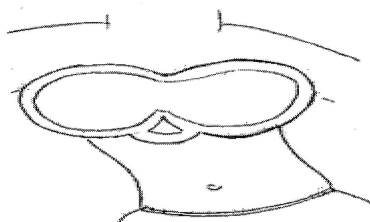
Turns out that Wonder-bra is not a fashion of the twentieth century alone! In this historically authentic pictures and references, Dr. (Mrs.) Jyotsna Kamat discusses the blouses and brassieres of ancient India. Line drawings by K. L. Kamat.

Although majority of female figures in ancient Indian sculptures are devoid of a blouse, there are several instances of ancient Indian women wearing brassieres. The first historical reference to brassieres in India is found during the rule of king Harshavardhana (1st century) in Kashmir. The half-sleeved tight bodice or kanchuka figures prominently in the literature of the period. From Basavapurana (1237 A.D.), we learn that young girls wore kanchukas as well. The Somanathacharita speaks of an aged harlot who used a special blouse to hold up her drooping breasts. Poet Harihara refers to wearing of tight white clothes (bigidudisi) before throwing of a shawl embroidered with gold, over the shoulders. Sewn brassieres and blouses were very much in vogue during the Vijayanagar Empire and the cities brimmed with tailors (chippiga) who specialized in tight fitting of garments.



Tailored brassieres were popular during the Vijayanagar period, 14th century

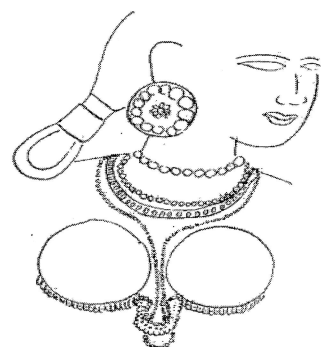
The Leelavati Prabhandha mentions a kind of brassier prevalent in 10th century. While no pictures or detailed descriptions of it are found, a sculpture of the time (shown in the picture above) has just a narrow strip to hide the nipples only.



Medieval padded brassier

In a medieval sculpture from Karnataka, a brassier is sculpted around a deity (shown below) that appears to have been made up of thick cotton. Regularly sewn brassieres of cup-like shape are also found; some others appear to be propped up by ornaments.

Ornamental brassier Line drawing based on a temple sculpture "Vanakkam".



Quotations from women about women

The hardest years in life are those between ten and seventy. -Helen Hayes (at 73)

Old age ain't no place for sissies. -Bette Davis

I refuse to think of them as chin hairs. I think of them as stray eyebrows. -Janette Barber

Whoever thought up the word "Mammogram"? Every time I hear it, I think I'm supposed to put my breast in an envelope and send it to someone. -Jan King

Things are going to get a lot worse before they get worse. -Lily Tomlin

A male gynecologist is like an auto mechanic who never owned a car. -Carrie Snow

My second favorite household chore is ironing. My first being hitting my head on the top bunk bed until I faint. -Erma Bombeck

A man's got to do what a man's got to do. A woman must do what he can't. -Rhonda Hansome

The phrase "working mother" is redundant. -Jane Seller

Whatever women do they must do twice as well as men to be thought half as good. Luckily, this is not difficult. -Charlotte Whitton

Thirty-five is when you finally get your head together and your body starts falling apart. -Caryn Leschen

I try to take one day at a time, but sometimes several days attack me at once. -Jennifer Unlimited

I'm not offended by all the dumb blonde jokes because I know I'm not dumb and I'm also not blonde. -Dolly Parton

You see a lot of smart guys with dumb women, but you hardly ever see a smart woman with a dumb guy. -Erica Jong

I'm not going to vacuum 'til Sears makes one you can ride on. -Roseanne Barr

When women are depressed they either eat or go shopping. Men invade another country. -Elayne Boosler

Behind every successful man is a surprised woman. -Maryon Pearson

In politics, if you want anything said, ask a man --- if you want anything done, ask a woman. -Margaret Thatcher

I have yet to hear a man ask for advice on how to combine marriage and a career. -Gloria Steinem

I never married because there was no need. I have three pets at home which answer the same purpose as a husband. I have a dog that growls every morning, a parrot that swears all afternoon, and a cat that comes home late every night. -Marie Corelli

If men can run the world, why can't they stop wearing neckties? How intelligent is it to start the day by tying a noose around your neck? -Linda Ellerbee

I am a marvelous housekeeper. Every time I leave a man I keep his house -Zsa Zsa Gabor

Nobody can make you feel inferior without your permission. -Eleanor Roosevelt (GREAT)



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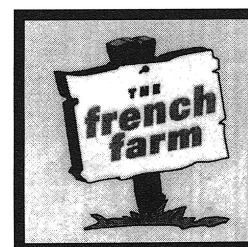
The person is holding an International Diploma (PWD) in German Language from GOETHE Institute, MUNICH (Germany).

Presently, teaching German Language to BBA and MBA Student in AMITY Business School, NOIDA, some members of the Delhi Network and diplomatic Staff of different embassies.

Has taught German Language at Indian Institute of Travel & Tourism Management, and employees of some well-known German firms like Heraeus Kulzer Dental.

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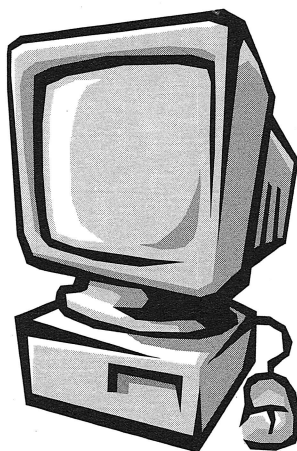
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Anna-Mari Eiristo & Toni Hirvinen
Finnish

Lise & Steen Tandrup
Danish
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Jane & Donald Priestman
British/ Zimbabwean
615 5079

Sophie Gates & Michael Barron
British
98 104 82095

Yvonne Tan
Singaporean
687 5010

Eva & Patrick Egloff
Swiss
688 2332

Monica Meier & Michel Progi
Swiss
91 639 6385

Fiona & Frank McLoughlin
Australian
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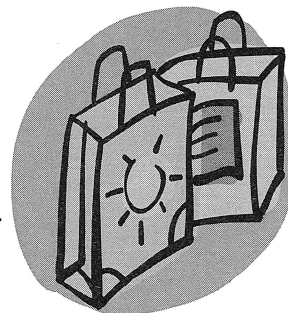
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Shop 'Til You Drop Day

The Delhi Network Shop 'Til You Drop Day went ahead at the Hyatt Regency Ballroom on Saturday 5th May with 53 vendors selling a range of products including jewellery, household items, gifts, furniture, clothing, leather bags, pictures, food, toys and beauty products. About 270 people attended with their families and friends during the day. Each visitor was invited to note down their name and telephone number on a card to be eligible to enter a "lucky draw" to win prizes donated by each vendor.



Although attendance seemed to be slightly down from last year, there was a steady stream of people shopping during the day, and the feedback from vendors and visitors was generally positive. For those members who attended we were able to take advantage of a special lunch discount in the Hyatt café.



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Perm Kamte has great pleasure in announcing the opening of her new outlet at B96 Gulmohar Park 2nd Floor (opposite Gulmohar Park DDA Mkt.)

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 (First Secretary (DC)
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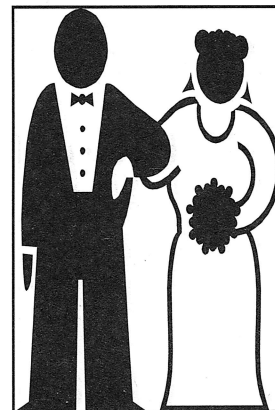
I am extremely satisfied with his services and found him pleasant and efficient.

*Mr. Pedro Medrano
 World Food Program
 Representative*

We were satisfied with the whole operation done by him
 H Marx (Chief Executive, Devis India Ltd.)

Phone us on 689-5537, 689-9371, 98102-58658

Subject: Marriage.....a closer look



If you're not married yet, share this with a friend. If you are married discuss it with your spouse and share with other married couples . . .and reflect on it!!!!!!

An African proverb states, "Before you get married, keep both eyes open, and after you marry, keep one eye closed."

Before you get involved and make a commitment to someone, don't let lust, desperation, immaturity, ignorance, pressure from others or a low-self esteem make you blind to warning signs. Keep your eyes open, and don't fool yourself that you can change someone or that what you see as faults aren't really that important. Once you decide to commit to someone, over time their flaws, vulnerabilities, pet peeves, and differences will become more obvious. If you love your mate and want the relationship to grow and evolve, you've got to learn how to close one eye and not let every little thing bother you.

You and your mate have many different expectations, emotional needs, values, dreams, weaknesses, and strengths. You are two unique individuals who have decided to share a life together. Neither one of you are perfect, but are you perfect for each other? Do you bring out the best in each other?

Do you compliment and compromise with each other, or do you compete, compare, and control?

What do you bring to the relationship? Do you bring past relationships, past hurt, past mistrust, past pain. You can't take someone to the altar to alter them. You can't make someone love you or make someone stay.

If you develop self-esteem, spiritual discernment, and "a life," you won't find yourself making someone else responsible for your happiness or responsible for your pain.

Manipulation, control, jealousy, neediness, and selfishness are not the ingredients of a thriving, healthy, loving and lasting relationship. Seeking status, sex, wealth and security are the wrong reasons to be in relationship.

What keeps a relationship strong? It is communication, intimacy, trust, a sense of humour, sharing household tasks, some getaway time without business or children, daily exchanges (a meal, shared activity, a hug, a call, a touch, a note), sharing common goals and interests.

Growth is important. Grow together, not away from each other, giving each other space to grow without feeling insecure. Allow your mate to have outside interest. You can't always be together. Give each other a sense of belonging and assurances of commitment. Don't try to control one another. Learn each others' family situation. Respect his or her parents regardless.

Don't put pressure on each other for material goods. Remember, for Richer or for Poorer. If these qualities are missing, the relationship will erode as resentment, withdrawal, abuse, neglect, dishonesty, and pain will replace the passion.

Work like you don't need the money, dance like nobody's watching, and love like you've never been hurt.**

To everything there is a season.

Anonymous

DELHI NETWORK CHARITIES for 2001-2002:

SHAKTI SHALINI

Women's welfare organization working in the area of violence againstwomen and anti-dowry issues.

Rs. 3,500 being paid monthly for the procurement of groceries.

Annual total committed: Rs.3,500 x 12 = Rs. 42,000

MISSIONARIES OF CHARITY

Mother Theresa's Foundation

Rs. 2,000 being paid monthly for physiotherapist.

Annual total committed: Rs. 2,000 x 12 = Rs. 24,000



CHAMAN

A literacy and recreation center for underprivileged children in Chattarpur.

Rs. 2,500 paid monthly towards the salary of an English teacher.

Annual total committed: Rs. 2,500 x 12 = Rs. 30,000/-

DEEPALAYA

An organization working towards rehabilitating beggars from the street and slums. Deepalaya runs many schools for the underprivileged. This year we are continuing our sponsorship of Reeta, Santosh and Imran Khan. Delhi Network pays for their education.

Rs. 4,000 paid yearly for each child.

Annual total committed: Rs. 4,000 x 3 = Rs. 12,000/-

SUGANDH

A non-formal education and vocational training center for underprivileged children of South Delhi, mainly Lajpat Nagar. They provide medical care and mid-day meal. Most children are ragpickers and cleaners from Lajpat Nagar.

Delhi Network has provided an inverter for Rs. 8,400/- to run two lights and fans, and a refrigerator (190L) for --- Rs. 10,000.

ISHATVAM

They are involved in sterilizing street dogs. Delhi Network has offered to support sterilizing of 10 dogs.

Annual total committed : Rs. 400 x 10 = Rs. 4,000/

TOTAL for all 6 charites for the year: Rs.1,30,400/-

DRIVING IN DELHI

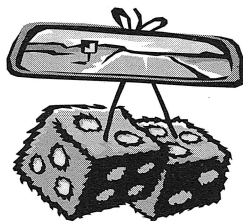
Most expatriates hire a driver. This is good. You can peruse the Times of India for convincing articles justifying current economic policy, or the Express for equally convincing discussions of why the policies are leading the country to rack and ruin. So occupied, you can avoid examining what's happening on the streets. But many also choose to drive themselves. These people are either cheap, saving eighty bucks a month on a driver's salary, or true adventurers searching for the ultimate experience in aggressive behaviour. For those new to the game, I'd like to offer a few principles of Delhi Driving Behaviour (DDB).

Principle 1: The Guy In Front Has the Right of Way. Most European drivers (Italians may be an exception), and all North Americans use their rear view mirrors. Well, in Delhi, NOT! In fact, rear view mirrors are mostly useful for making sure that those pakoras you had for lunch haven't stuck to your teeth. In Delhi, your job is to STAY OUT OF THE WAY of everything in front of you. Once you grasp this principle, you are well on the way to survival. You may even come to enjoy the ballet of the streets, in which, for example, you know for sure that the Maruti on your left is going to cut you off in order to overtake the bus, which is about to overtake the 3-wheeler, which is about to overtake the camel cart. All in two lanes, or sometimes one.

This principle is also of great help at stoplights, explaining why each vehicle strives mightily to get JUST SIX INCHES in front of you, and then cuts in across your front fender. Having established the position, the drivers/peddlers/riders rightfully expect you to give way when the light changes. I like this one a lot, and have gotten quite good at it.

The principle is also a good guide to the proper use of your horn. You use it to let the guy in front know you are there (remember, he's not using his mirror). That's why you see the slogan, Horn Please!, on the back of many vehicles. I swear I have seen it

on a camel cart. I do think Delhi drivers take this a little too seriously, especially when the traffic light changes (assuming you've had to stop), but you will soon grow into the custom and bang away merrily on the horn button at the slightest indication that EVERYONE WON'T GET OUT OF YOUR WAY RIGHT NOW!



Corollary a: The Guy Entering Has the Right of Way. This is a logical corollary to Principle 1. All drivers, bikers, walkers and elephant riders enter main roads without pausing or looking. No kidding! It's true and adjusting may save your car 2 or 3 years in a local body and fender shop. Delhi drivers are highly committed to this principle. A few weeks ago an NRI pal of mine, who has been driving in the UK for the past decade, entered my office with shaking hands and sweat on his brow. A Mercedes had backed out of a Jorbagh driveway at 25 kph and banged into his Maruti. The driver of the Mercedes was furious: "You should be expecting me to be backing out of my driveway!" was the nicest thing he said.

Corollary b: The Big Guy Has the Right of Way. Forget your notions of fair play, even in a socialist society. The food chain of the highway is at work in Delhi. Big wins! Buses and trucks have the right of way over cars, cars over 3-wheelers, and 3-wheelers over scooters, scooters over bicycles and bicycles over pedestrians. Cows, of course, are the exception to the rule: they have right of way over everything. I'm still researching the issue of elephants and trained bears.

Principle 2: Lane Markers, Road Dividers and Stoplights are Advisory Only. It takes a while to get used to seeing a solid phalanx of vehicles approaching you on BOTH SIDES OF THE ROAD! Or, my favourite, to make a right turn on a divided road from the right lane at a stoplight only to realise that 2 cars and a scooter have whipped around the road divider and

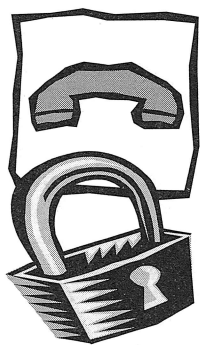
are acquiring the right of way inside and in front of you (see Principle 1). Once you get used to this, the thrill of breaking your wimpy culture-specific traffic laws becomes enormously attractive. My personal best so far is to overtake 3 buses and some miscellaneous small traffic in the far right hand lane of Shanti Path. Once you've done something like this, you are well on your way to cross-cultural assimilation.

Stoplights have their own peculiar meaning. You stop if you have to. Otherwise, keep motoring on. Running red lights is a pleasure reserved to those of us fortunate enough to live in Delhi, and you should stock up on the experience before returning to the boring streets of home.

Principle 3: Right Turns Can Be Made from Anywhere. Knowing this rule can actually save you MINUTES of time. Take the Ring Road. (Actually, I'd advise against it, but sometimes it's unavoidable). Be clear that 4 lines of traffic will form for right turns, leaving you one Maruti's width to squeeze by on the left. Of course, if there is a bus stop - and there always is - the buses will make a right turn from the curb across all traffic lanes.

Principle 4: Elephants Don't Have Headlights. You probably knew this already, but night driving poses some really NEAT challenges. The closest I've come to disaster was the headlightless elephant coming the wrong way up an off ramp near the Oberoi Hotel. Like redlight running, these experiences should be treasured, although when you get home and tell your mother about them, she'll change the subject to the linen sale at the local shopping mall.

Observe these 4 simple principles, and especially the 2 corollaries, and driving in Delhi can be an exhilarating experience. On your side are some simple facts: (a) Ambassadors are slow; (b) most drivers are unarmed; and (c) you can always change your mind and get a driver.



Procedure to Lock Your Telephone

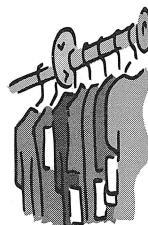
In case it happens that you receive an unexplainable high telephone bill with unrecognizable long distance numbers that you have never dialed, you can lock your telephone electronically to block those STD and ISD connections while you are not at home or are using it yourself.

You can block your telephone in the following way:

Press 124, followed by four numbers of your choice followed by a 2. You will hear a signal on the line, which indicates your line, is "locked". To test, hang up and then dial an international/out of Delhi code—there will be a recording: this facility is not available on your phone.

You can "unlock" your line to make long distance calls, in the following way:

Press 124, followed by the SAME four numbers that you used to lock the line, but this time follow with a "0"(zero) in place of a 2. A beep will indicate that the line is "unlocked". Hang up and then dial your out of Delhi/International number.



Come One Come All! Ginger Roots Annual Summer Sale

5%-70% off on all surplus stock made exclusively for Taj Hotel's "Khazanna" Store and other leading boutiques.

Cottons, Linens, Silks
Western Designs & Indian Fabrics
(dresses, skirts, shirts, nightwear)

**Open House at my Residence on:
May 18 (Friday) 11:30-5:00 PM
May 21 (Monday) 11:30-5:00 PM**

**E 12/4 VASANT VIHAR, 2nd Floor
(614-8585 or 98101-72527)**

INDIAN-ENGLISH

HOUSE WITH THE GREY GATE

*In my street there is a white house with a little grey gate
That is slightly off one hinge and always opens.
An old woman sits on its porch and knits,
Looking up when the gate creaks with age or wind,
Expecting someone; though no one comes, nor has
come for years.
An old man sometimes tidies up the faded garden
Where shrubbery has spread, refusing to be weeded
out.*

*Ever since I moved here I have seen this little white
house-
With the old man and the old woman and an old pattern
of life-
Refusing to be weeded out from this sky-scraping
street;
Where two people had grown roots, once, scattered
seeds,
And now, with a hope stubborn as weeds,
Still peer through curtained windows when the gate
creaks*

TABISH KHAIR



Wheat-free and Dairy-free Cooking

Three Onion Risotto

Serves 4

(Do not be put off by the quantity of onions necessary for this recipe. The finished dish is surprisingly sweet and colourful and not overwhelmingly 'oniony'.)

3 red onions (weight when peeled and sliced)	2 1/4 cups	375 g	13 oz
2 sweet onions (weight when peeled and sliced)	2 1/4 cups	375 g	13 oz
Olive oil	1/3 cup	80 ml	2 3/4 fl oz
6 spring onions		100 g	3 1/2 oz
Risotto rice	1 1/2 cups	300 g	10 1/2 oz
Lemon juice	scant 1/4 cup	60 ml	2 fl oz
Vegetable stock	3 3/8 cups	800 ml	27 fl oz
Plenty of black pepper			
Grated pecorino cheese			

Slice the red onions 5 mm/ 1/4 in thick and separate the rings. Roughly chop the sweet onions. Put the red and sweet onions into a heavy saucepan with the olive oil. Cook over a moderate heat, stirring for 4 minutes. Cut the bulb part of the spring onions into 5 cm/ 2 in long pieces. Slice the green parts and set aside. Add the spring onions bulb pieces to the onion mixture and cook, stirring for 1 minute. Add the rice, cook and stir for 2 minutes over heat to coat thoroughly with the oil. Add the lemon juice and boil away rapidly, stirring. Add the stock by degrees, bring to the boil and simmer gently, stirring. Add black pepper and more stock as it is absorbed by the rice. When adding the final 1 cup/ 200 ml / 7 fl oz stock, stir in 1/2 cup/ 55 g/ 2 oz of finely grated pecorino and the sliced spring onion tops. Stir, remove from the heat and let stand, covered, for 5 minutes. Adjust seasoning to taste then serve with additional grated pecorino cheese.

Marinated Roast Chicken Breasts

Serves 6

6 chicken breasts/half breasts	
For the Marinade:	
French mustard	2 heaped tsp
Juice and grated rind of 1/2 lime	
Juice and grated rind of 1/2 lemon	
Chili flakes	1/2 tsp
Balsamic vinegar	2 tbsp
Good soy sauce	5 tbsp
Maple syrup	1 tbsp
2 large cloves of garlic, very finely minced	
1 in chopped fresh ginger root	
Olive oil	2 tbsp
Black pepper	

Mix all the marinade ingredients together in a bowl. Cut 2 or 3 deep slashes across each chicken breast and submerge in the mixture for at least 1 hour or overnight. Preheat the oven to 230 C/450 F/ Gas 8. Bake the chicken breasts in the marinade for 35 minutes. Finish under the grill/broiler for 3 minutes. The marinade becomes a sauce, but you may need to pour off any excess oil and add a little water to moisten.

Corn, Tomato, Red Onion and Avocado Salad

Serves 4

Chopped tomatoes	2 cups
Cooked sweet corn	2 cups
Finely chopped red onion	3 1/2 tbsp
Zest of 2 limes	
Juice of 1 lime, or more to taste	
Plenty of black pepper	
1 avocado, diced	
1 bunch fresh coriander/cilantro leaves	

Mix all ingredients in a bowl with the exception of the avocado and coriander which should be added just before serving. Scissor the coriander roughly into the salad mix.

Something to do

Aerobics



Mandy Dakin has been teaching aerobics for the last 10 years. Trained in London, she spent the last 7 years teaching a variety of classes in a large chain of gyms based in 'the city' of London. Her aim is to make fitness fun and accessible to all. She is now teaching at the following times and venues

Mondays at ACSA 6 7 pm
(Aqua Aerobics)

Tuesdays at ACSA 9 10 am
Wednesdays ACSA 6 7 pm
(Aqua Aerobics)

Tuesdays at the British High Commission 6.15 7.15 pm

Thursdays at ACSA 9 10 am

Thursdays at the British High Commission 6.15 7.15 pm

All classes are a mixture of mainly low impact and high impact moves followed by toning for the legs, abdominal, butt and upper body.

Tuesday evening's class at the BHC is body conditioning only.

For further information call Mandy on 614-5818. Please bring water and a mat to the class.

Margaret Kovac will be teaching Aqua Fitness

Monday Friday 9 am 10 am
Monday and Wednesday 6 pm 7 pm
(Excluding Holidays)

Open to New Delhi Expatriate Community.

Cost Rs 100 ACSA Members,
Rs 150 Non Members

For security reasons non-members names have to be on a list at the ACSA gate Phone Margaret Kovac at 6888223 ext. 226.



Adult Education

The American Embassy School offers evening courses.

Contact the school for current programmefees. Tel: 611-7140 or 611-7146.

Spring session: Feb./March.

Fall session: September

Bridge

Ex-pat Bridge Group that meets on Mondays is looking for keen bridge players to join:

Call: Lynn Baynman 6877489

Rekha Sarin 684 0964

Annette O'Silva 506 4512

Babies and Toddlers

To all Mums feeling lonely, need a chat, or the kids are driving you up the wall? Call for social meetings for Mums and little kids, Ingrid Crookshanks on 9811093622 or Manju Isaacs 649-1397.

Dance and Fitness Centre

In a superb wooden-floored studio near Lodhi Gardens, 21/A Amrita Shergill Marg. Classes include stretch, body toning, modern dance, jazz dance, aerobics and personalised fitness. Call Anne Devayani 463-6772.

DCWA

Delhi Commonwealth Women's Association is an international group which runs various social events as well as a clinic for the poor. They are always looking for items for the pharmacy. Call Amina Singh on 614-5986 or 614-6023 for details.

Delhi Christian Fellowship

Every Sunday at 9 am there is a church service at the Hyatt Regency Hotel with a Sunday School for children during the service plus bible study and a youth group.

French Lessons

By a French national and graduate of Sorbonne-Paris University. Beginners or advanced levels. Call Anne Chaymotty-Devayani on 463- 6772, fax 463-3404

French speaking

Groupe Francophone de Delhi. All French speakers welcome (whatever your nationality, whatever your level). This group runs an extensive range of cultural events, tours, lectures and get-togethers. Call Hélène Cazalet on 464-3682.

German

Conversation

Group

If you like speaking German, (any level) and want to keep up or deepen your knowledge, please join us. We meet every 2nd Monday at 3 pm. For information call Karin Weselscheid on 612-3405 or Brunhilde Gupta on 696-2708.

Glow

The Global League of Women is an organisation which promotes international friendships and understanding of different cultures. Call Serita Kakar 461-9627 for details.

Hindi Lessons

Chaya Bhattacharya is a qualified tutor and is also willing to teach on the Bhagvad Gita. Call 462- 4704.

Indian Cookery

Amita Khosla will teach you how to produce authentic Indian meals using ingredients available in the West. Call 469-2544 mornings.

Mah-Jong and Canasta Classes

Lessons with Risham Chawla, 2-4pm on Wednesdays at N-21 Panchshila Park. Costs Rs 250 per session for a four-session course. Proceeds go to charity. Call 649-7025.

Naviyoti Delhi Police Foundation

Runs a school and nursery in a slum area at Yamuna Pushta. Volunteer nurses, health and nursery workers are needed. For more information please contact Pamela Anderson on 410 3873

Needlenuts

Group meets Thursday 10.00-12.00 in different homes each week. Come and go as you please, work on what you like. Call Lynn Moss on 621-5065



Newcomers

Every Tuesday, 10-12 am, in Boardroom 2 at the Hyatt, to the right of the Ballroom, for an informative get-together over coffee and cakes. Oldies are also welcome to share their experiences.



Patchwork & Quilting Group

Meets every Monday morning, 10 am to 12 mid-day. Beginners welcome! Contact Jane Stevens at 614-8112.

Piano Lessons

American concert pianist Roberta Swedien has 28 years teaching experience and is giving lessons in her Defence Colony music studio. These lessons can include music history, theory, composition, form and analysis and performance as well as technique and repertoire. For intermediate and advanced students only. Call Roberta for details on 461-0918.



Tushita Meditation Centre

Women's spiritual development group, which meets every Wednesday at 10.30 am. They organise healing workshops on yoga, Reiki, tai-chi, etc. Teaching by Buddhist lama. Call Renuka Singh on 651- 8248 for details.

Scottish Country Dancing

Thursdays 8 pm in the British High Commission hall. Don't worry if you have two left feet! Contact Maureen Sachdev 463-3658 Ext. 207

Spanish Lessons

Instituto Hispania offers classes in Spanish language, following a communicative methodology derived as a result of extensive number of studies in the field of teaching Spanish as a foreign language. The teachers are Spanish nationals as well as postgraduates from leading Indian and Spanish universities. Y-10 Green Park, behind McDonalds, phone 696-8016, 8043

UNITED Nations Women's Association

Offers a varied programme of informative and social activities, and supports a kindergarden for under-privileged children. For details call Nala on 615 3804 or Violetta on 696 4637

Yoga

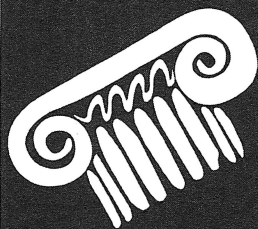
User Friendly Hatha Yoga **Mansoor and Susie Roy** teach at Tushita Buddhist Centre. Private and group classes can be arranged. Please call Susie Roy 4652581



Yogesh Kumar

YOGA INSTRUCTOR & PERSONAL TRAINER

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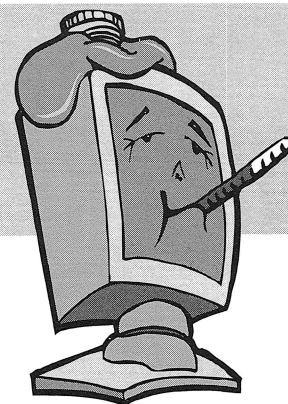
V 39/24 DLF
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Gurgaon, Haryana

(page 154 new Eicher map)

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=== Computers 101 ===

Q:

I'm having a hard time double-clicking my mouse. Is there something wrong with it?

A:

I doubt it. Your problem may lie in your double-click speed. It can be adjusted by clicking your Start button, Settings, Control Panel, then opening the Mouse icon.

From the little screen that pops up, you should be able to adjust your double-click sensitivity. Most of the time you'll see a checkbox that says something like "Make double-clicking easier". I would give more detail, except that many of the newer mice have their own custom screens that pop up when you go to do your adjusting. ===

Tip of the Day ===

Big Buttons Do you ever accidentally click the Maximize button on a program window when you meant to hit Close? Or Close when you wanted to Maximize. Or Maximize when you wanted to Minimize? Or, OK, I guess you get the idea. If the buttons are bigger, it helps to eliminate this problem. Trust me, ever since I made my buttons bigger, I have lots less digital "accidents".

Here's how to do it: 1. Right click the desktop and select Properties. 2. Select the Appearance tab. 3. On the "item" drop down box, select Active Title Bar. 4. Next to that drop down box you'll see a setting for size. Click the little up arrow to make the buttons bigger. Don't get carried away though. The bigger the buttons, the bigger the title bar.

If you have access to the internet I can recommend this site <http://www.coolnewsletters.com>



Notice board

HOUSEKEEPER AVAILABLE

Suitable for a couple, Mrs. Vimla John has worked for us as a housekeeper since December 2000. She does all the cleaning including the balconies, waters the plants, does all the shopping and cleaning of fruits and vegetables, and can cook some Indian dishes. She is very willing to do any task assigned and appreciates instruction. She speaks English quite well, and can read and write some English. She is very honest and trustworthy. We have to let her go, with regret, as we now need an ayah/housekeeper, for which she does not have the experience.

Vimla can be contacted at 607-1495
I can be reached at 653-4011
Breeda Hickey, B-10 Mayfair Garden

OFFICE SPACE AVAILABLE

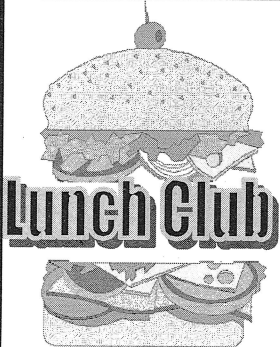
Prime Vasant Vihar location. Fully configured 1000 sq.ft. office with partitions, central air, PBX, power back-up, wired for LAN, in immaculate condition. Originally set up for MNC liason office, the space is currently occupied by a U.S. Based NGO that is relocating to Bangalore in May. Will be ready for occupancy June 1. Contact Asok Das 98111-02609, email asok_das@hotmail.com For appointment to see, call Prince Tel: 614-1107

Contributed by Ruth Rose

Driver Available

An experienced reliable driver is available immediately. He has been working for us for only 6 months but I can highly recommend him. He was working before with several foreigners. His last employment was 5 years with one company alone.

Mr. V.N. Sharma 608-6197 or contact Bodo Rasler 98100-27795



This month the UK Contact Group Lunch Club is going across the border to Gurgaon to sample some authentic Thai cuisine at the Red Hot Café, 212 Park & Shop (Behind Privat Hospital) D.L.F. City Phase-II.

Come along on Tuesday 29th May at 1 pm. Please call Bridget Edwards on tel 665 2578 or 98 101 39048 if you like to attend. All welcome.

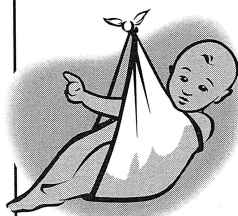
Notice board

FOR SALE

VICTORIAN MAHOGANY DESK
VICTORIAN MAHOGANY DROP LEAF TABLE
2 BAJAJ MAJESTY FAN HEATERS.
HELLO WATER DISPENSER PLUS 2 25L
CONTAINERS.
MICROWAVE

CALL: KATHY PRITCHARD
9811118958 OR 6862245

CONGRATULATIONS



To Joan Mitchell on the
birth of her baby girl
Eva Christine born May
4,2001 in New Delhi.

Luxury apartment (fully, partially or un-furnished), and excellent cook-houskeeper couple available from June.

Location: a second floor apartment, 5 minutes from Delhi Golf Course

Apartment details: Newly finished July 2000, highest quality (marble floored all over), 3 bedrooms with en suite bathrooms, guest wash-room on foyer, separate dining room, large lounge, modern kitchen, big terrace plus roof terrace. The furniture is partially genuine antique. High security is provided by the landlord.

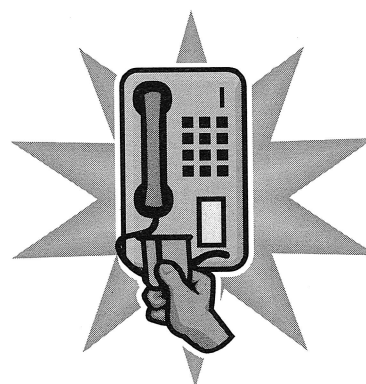
The high standard servants quarter is occupied by our equally high standard Cook, John who is excellent with every kind of continental, Chinese and Goan dishes not to mention his sweets... His wife Lena is a real trouble shooting person. She organizes all necessary things to be done, and does all the housework for our full satisfaction. Her English is excellent. We really would like to take them with us - unfortunately it is not an option where we are moving to.

We would love to find someone to take over both for our beloved apartment and our above mentioned excellent staff if it is possible.

For inquiries please call: Judit Stowe 98112-10438
or Rakesh Gupta 98100-14028

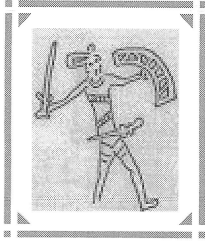
OFFICE CLOSED ON FRIDAYS DURING JUNE AND JULY

Due to lack of volunteers at this time of year, we are forced to close the office at the Hyatt Hotel, on Fridays. Many of our regular volunteers are away at this time so we would like to invite any interested members that have 4 hours free time to donate to a good cause, it is easy to learn and we would love to teach you. Please contact one of the board members if you would like to sign on.



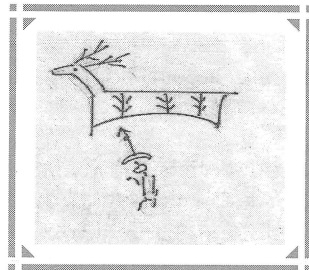
Prehistoric Rock Paintings of Bhimabetaka

by Dr. K. L. Kamat



These rock paintings mirror the difficulties and triumphs of the native man.

*Hunting a deer
Notice the grass in the
deer's stomach.*



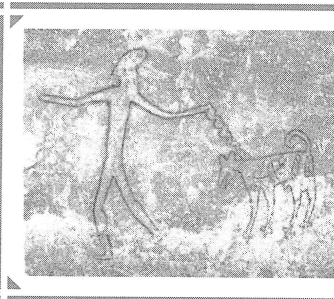
When I reached Bhimabetaka (a.k.a. Bhimbetaka) 40 kilometers south of Bhopal, I felt as if I had discovered a treasure mine of prehistoric art. I admired the location our ancestors had chosen for the art studio. Surrounded by evergreen forest and about 50 or 60 small hillocks, this place has remained a landmark of generations of prehistoric art. It is believed that these paintings are twenty thousand to five hundred thousand years old. There are residues of Brahmi scripts which are considered extremely ancient. In the later years, King Bhojraj liked this location and started building a fitting temple of Shiva and the lake. For some reason, the construction never finished. Today the lake provides for excellent agriculture in the neighbourhood and the Bhojpur temple attracts devotees even from far distances.

The Bhimbetaka hillocks are made of sandstone. They are elevated from the valley and are ideal for human habitat. There are some caves, but most are natural havens. The natives must have used bamboo and mud for construction of walls and steps and the constructions must have died along with them. It is easy to tell that these habitats were part of community as in Ajanta and Ellora. There are stages and animal sheds, small and big. Bhimbetaka remains a great witness to the evolution of mankind's civilization, through its numerous rock weapons, tools,

ceramics, and bones.

More than anything else, the rock paintings are the greatest wealth the natives of Bhimbetaka left behind.

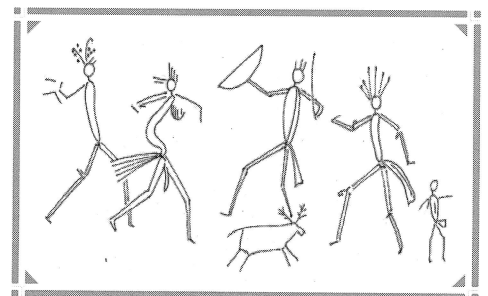
*Pet or tool ? Man
walks a dog*



The students of these rock paintings must take to some adventure. Due to the constant battering of nature and mankind the foundations of art treasures has collapsed and it is not easy to get to the top. It is common for peacocks and bats to dwell in these havens, but sometimes one might run into porcupines, bear, or poisonous snakes, and one has to be very careful every step. The caves are typically pitch dark and takes time to locate any paintings on their walls. Sometimes the paintings are located at the entrance, but those interior are in much better shape because of protection from rain. Some native artists were truly adventuresome and it takes a lot of effort even to get to some of the paintings.

I do not believe these paintings were drawn either to decorate the caves or to find entertainment. They were created as a means of escape from suffering and as devotion to supernatural entity. Most of them are not planned or organized nicely. Some have not taken the trouble to erase older paintings before drawing the new ones on them. In a few spots, I found four or five layers of sketches on top of another. The colours and the styles of such layers, however, are different and have enabled the experts to separate one from another. There are red, green, and white colours in all hues and varieties. The same pigments were used to decorate the dead and it is common to find these colors in funeral spots also. The paintings were done primarily with a finger, but I believe that they must have used feathers, wooden sticks, and needles of porcupines for different styles and textures.

*Encircling
the prey*



Since the native man was not bound by any artistic constraints, the picture came to life in full freedom and expression. The native man was an expert in simplifying life; he has drawn animals and birds with just two or three strokes. He has also made a good use of symbols and highlights, so a trunk denotes an elephant, a long feather represents a peacock, and a decorative horn illustrates a female deer. Some are single line sketches, and some are finished with a fair stroke. Some are really attractive with colours and shades.

....cont'd

Prehistoric Rock Paintings of Bhimabetaka cont'd

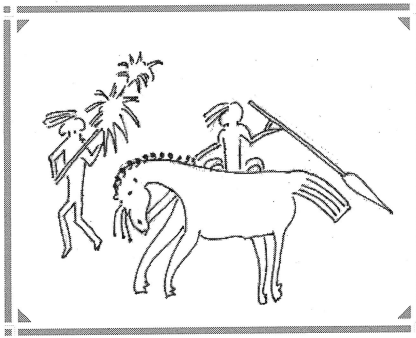
The background of the rock paintings is obscure and is hard to photograph the paintings. Most of them have lost the sharpness and luster. Some are extremely fuzzy and ruined. I had to use special contrast film and filters to photograph them. I could have sprayed the water on them for better contrast, but the water with its alkaline contents damage the originals, and there was no way for me to carry chemicals and other gear to that remote location. I have taken the easy route out and have drawn the line drawings in this page based on my photographs. When compared to originals these pictures may look artificial, yet I hope that they resemble the originals as perceived by the original artists.

Imagination or Ignorance?

The animals and birds constitute the largest subject of these paintings. Some animals are

silhouettes, yet very attractive. He has used triangles, rectangles, circles, and hexagons freely. Sometimes he has shown the internals of animals as if they were transparent. Some experts have criticized these paintings as proof of the artist's ignorance, but I feel that this proof that the native men studied their surroundings and nature. I also think embedding an elephant in a deer's stomach as imagination and humor. You can see a deer running away from a lion, animals crying for help to the hunters, men running away from wild boars etc.

The ancient artists cared little for the details. Like the modern artists, it must have been the feeling to be conveyed was the most important for him. I also feel that he has done great injustice to the women of his time. Among the thousands of pictures, less than ten show women. In this aspect, the rock paintings of Bhimabetaka differ from the cave paintings of Spain which are about of the same period. Since the Spanish painters were desiring renewal of life, the sexes and the organs are given primary importance. Few Bhimabetaka paintings show sexual organs. Sometimes to identify a woman they have drawn a small vagina, but has left out the breasts. However, in some spots to glorify women they have drawn large breasts with fountains of milk coming out of them.



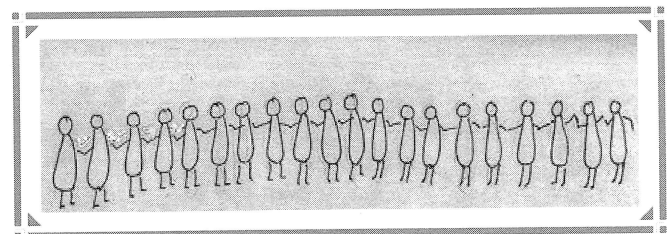
Welcoming the Hero

These rock paintings mirror the difficulties of the native man's struggle with life as also his accomplishments. You can see rock weaponry, bows, arrows, and then the knives. He wove baskets with bamboo and started climbing the trees. He learned how to weave a rope from tree bark and cloth from the fibers. He must have used fish bones as needle and trained dogs for hunting. About this time he also learned raising of birds for food.

As the civilization progressed there were fights among tribes. There are lots of pictures in Bhimabetaka which illustrates ferocious warfare among humans. Since there are no signs of horses in the neighborhood of Bhimabetaka, the ones in the picture were probably confiscated from raiding invaders.

After the daily life became easier, the native man turned to dancing in music. There are pictures of group dance, mask dance, and stick dance. Although it's a common concept that the native man was naked, the artist has drawn clothes on all the dancers. It's possible that the clothing was unisex.

As a person who went to find the similarities between current day tribals and native tribals, I was dumbfounded by the similarities in their lifestyle. The tribals of Madhya Pradesh have lived monotonous lifestyles for thousands of years. Even today the Adivasis (aa-di-vaa-si, from Sanskrit, native) draw animals and birds on their walls consisting of triangles and circles for success in hunting. They also have unisex clothing, hunting with bows and arrows, and group dances. If someone studies the similarities between the two cultures, several generations of lost lifestyles may be uncovered.



Group Dance

Excerpt from the internet.

fringale

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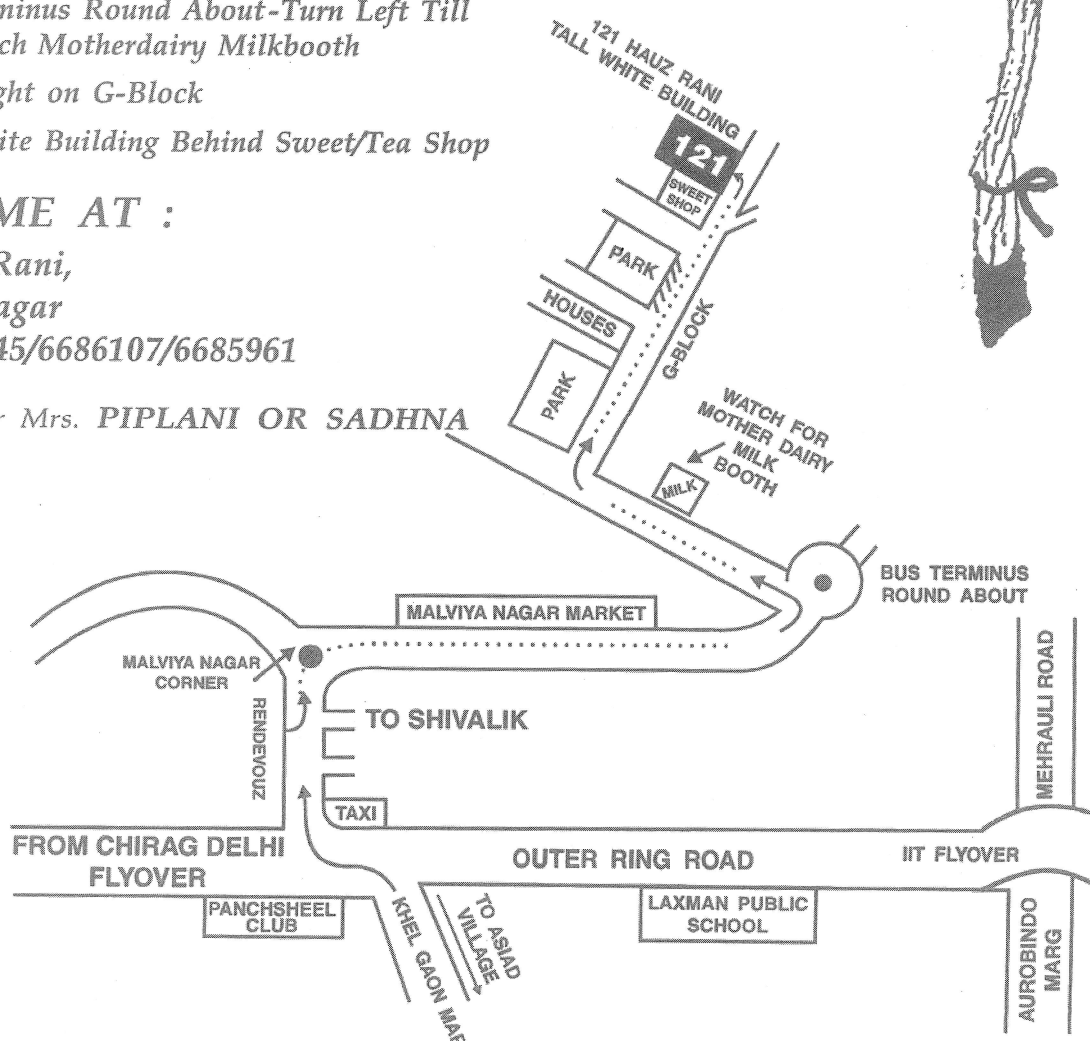
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